# This Week in Life Skills

Teacher: _____ Student: _____ Week of: _____

| | Monday ☐ Not Seen | Tuesday ☐ Not Seen | Wednesday ☐ Not Seen | Thursday ☐ Not Seen | Friday ☐ Not Seen |
|---|---|---|---|---|---|
| **Today's Mood** | ☐ Calm ☐ Happy<br>☐ Tired ☐ Frustrated<br>☐ Mixed | ☐ Calm ☐ Happy<br>☐ Tired ☐ Frustrated<br>☐ Mixed | ☐ Calm ☐ Happy<br>☐ Tired ☐ Frustrated<br>☐ Mixed | ☐ Calm ☐ Happy<br>☐ Tired ☐ Frustrated<br>☐ Mixed | ☐ Calm ☐ Happy<br>☐ Tired ☐ Frustrated<br>☐ Mixed |
| **Job Task Today** | ☐ Shredding ☐ Mail Run<br>☐ Café ☐ Laundry<br>☐ Recycling ☐ Garden | ☐ Shredding ☐ Mail Run<br>☐ Café ☐ Laundry<br>☐ Recycling ☐ Garden | ☐ Shredding ☐ Mail Run<br>☐ Café ☐ Laundry<br>☐ Recycling ☐ Garden | ☐ Shredding ☐ Mail Run<br>☐ Café ☐ Laundry<br>☐ Recycling ☐ Garden | ☐ Shredding ☐ Mail Run<br>☐ Café ☐ Laundry<br>☐ Recycling ☐ Garden |
| **Community Outing** | ☐ Yes ☐ No | ☐ Yes ☐ No | ☐ Yes ☐ No | ☐ Yes ☐ No | ☐ Yes ☐ No |
| **Lunch** | ☐ Bought ☐ Packed<br>☐ Skipped | ☐ Bought ☐ Packed<br>☐ Skipped | ☐ Bought ☐ Packed<br>☐ Skipped | ☐ Bought ☐ Packed<br>☐ Skipped | ☐ Bought ☐ Packed<br>☐ Skipped |
| **Practice** | ☐ Money ☐ Time<br>☐ Cooking ☐ Safety Signs<br>☐ Phone | ☐ Money ☐ Time<br>☐ Cooking ☐ Safety Signs<br>☐ Phone | ☐ Money ☐ Time<br>☐ Cooking ☐ Safety Signs<br>☐ Phone | ☐ Money ☐ Time<br>☐ Cooking ☐ Safety Signs<br>☐ Phone | ☐ Money ☐ Time<br>☐ Cooking ☐ Safety Signs<br>☐ Phone |
| **Self-Advocacy**<br>1 Needed Prompts to 5 Spoke Up Alone | ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 | ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 | ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 | ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 | ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 |
| **Homework Folder Came Back** | ☐ Yes ☐ No | ☐ Yes ☐ No | ☐ Yes ☐ No | ☐ Yes ☐ No | ☐ Yes ☐ No |
| **A Win Today** | | | | | |

**A Line From the Teacher (This Week)**

**From Home (anything we should know next week?)**

Parent initials: _____

# How to Use This Sheet

## 1. Print As Many As You Need

This sheet is free. Print it for every student and every school day, in black and white, on Letter or A4.

Page 1 is the sheet; this guide page does not need printing.

More free sheets in the parent-teacher communication log:

**spectrumunlocked.com/blog/parent-teacher-communication-log**

## 2. The Same Note on Your Phone

Beacon Home Notes is this same sheet you can tap on a phone or click on a computer. Mark what happened and the note is emailed to the family the same day, the note itself in the email. The family replies by replying; every note and reply is kept.

This weekly sheet is the paper twin of Friday's weekly note in Home Notes.

**beacon.spectrumunlocked.com/home-notes**

Scan to Open Home Notes

Try a Home Note. One note, no account. Free for teachers and therapists.

## 3. Make It Yours

Build your own sections and options in Home Notes, then download your own sheet: daily or weekly, Letter or A4, blank or with a student's first name on it.

## 4. Paper to App

Fill the sheet by hand, photograph the whole page with its corner marks in good light and open Scan a Sheet in Home Notes. Each sheet becomes that student's draft note; you check it, then send it to the family.

An example sheet works too: Home Notes offers to copy its sections first.

## 5. Privacy

A student is a first name only, on paper and in the app.

Never sold and never shared outside the people the teacher invites.